

Have you done your bowel screening test?

↓
Yes

- Great! Make sure you keep up to date with your test every two years.

↓
No

- That's ok - let me check whether I can organise a kit to be sent to you (check eligibility criteria*).
- If eligible: I will put in the request - it may take 10 days for the kit to get to you.
- If it hasn't been two years since their last kit: You'll receive a kit two years after your last one - keep an eye out for it. When you get it please do it!

You can request a bowel screening kit (FIT test) for people who:

- are in the eligible age range*, and
- have not completed the test in the last two years, and
- are medically suitable for bowel screening.

Patients should not do the test if they:

- have symptoms of bowel cancer
- have had a colonoscopy within the last five years
- are on a bowel polyp or bowel cancer surveillance programme
- have had, or are currently being treated for, bowel cancer
- have had their large bowel removed
- have ulcerative colitis or Crohn's disease that is currently active
- are being investigated for bowel problems.

You can request the kit using the electronic request tool in your PMS, phone **0800 924 432**, or email info@bowelscreening.health.nz

Free bowel screening is available every two years.

*See www.timetobowelscreen.nz for eligibility age.

This simple test could save your life. It's easy to do!

- The bowel screening test will find at least 7 out of 10 cancers that are present.
- Bowel cancers don't bleed all the time, so sometimes a cancer can be missed.
- Bowel cancer may also start to develop between screening tests, so it's important to be tested every two years.

Doing the test

Do the test as soon as possible after you get it.

- Stick the yellow bar code onto the tube.
- Write the date you do the test on the consent form.
- Collect a small sample of poo using the test stick.
- Scrape different parts of the surface of the poo, until the tip of the stick is well covered.
- Put the test stick into the sample tube.
- Place the sample tube in the zip-lock bag provided.
- Put the zip-lock bag, along with the completed consent form, in the reply-paid envelope.
- Post it as soon as possible. You can also return it to a community laboratory if this option is available in your area.

Keep the sample in a cool place until you post it.

You can scan the QR code for more information about how to do the test, including videos in different languages.

[Note: Suggest check if the patient can access information and video via the QR code.]



Have you done your bowel screening test?

www.timetobowelscreen.nz

- It's easy to do at home
- It's free
- Do it every two years



Health New Zealand
Te Whatu Ora

Te Kāwanatanga
o Aotearoa
New Zealand Government



National
Bowel
Screening
Programme